

AYURVEDA VIEW ON RASAYANA DRUGS W.S.R. TO THEIR ROLE IN PEDIATRIC HEALTH PROBLEMS

Dr. Jyoti Damodar More*¹, Dr. Nagsen Madhavrao Puneekar² and Dr. Rafique Ahmed Pirsahab³¹Assoc. Prof., Sharir Rachana Dept., Swami Vivekanand Ayurvedic Medical College, Shrigonda, Ahmadnagar, India.²Assistant Professor, Agadanttra Dept., Swami Vivekanand Ayurvedic Medical College, Shrigonda, Ahmadnagar, India.³Assistant Professor (Swasthavritta and Yoga), Swami Vivekanand Ayurvedic Medical College, Shrigonda, Ahmadnagar, India.

*Corresponding Author: Dr. Jyoti Damodar More

Assoc. Prof., Sharir Rachana Dept., Swami Vivekanand Ayurvedic Medical College, Shrigonda, Ahmadnagar, India.

Article Received on 14/05/2021

Article Revised on 04/06/2021

Article Accepted on 24/06/2021

ABSTRACT

Ayurveda described various therapeutic modalities for the diseases of children (Bala Roga) and Rasayana therapy is one such approach, Rasayana drug stimulates gastrointestinal secretions thus boost appetite, prevents indigestion & nausea, relieves sickness and improves mental strength in children. Shankhpushpi, Guduchi, Mandookparni and Jyotishmati, etc. are Rasayana drugs which can be used for pediatric health restoration. These drugs boost functioning of Agni, potentiate Dhatus thus strengthen Ojus and clears Srotasas therefore maintain circulation and detoxification. These drugs acts as rejuvenator thus increases mental and physical vitality. Present article described role of Rasayana in pediatric diseases.

KEYWORDS: Ayurveda, Pediatric, Rasayana, Rejuvenator.

INTRODUCTION

The diseases of children mentioned as *Bal-Roga* in Ayurveda science under the heading of *Kaumarbhritya*. Ayurveda described *Dhatri Stanya Dushti* as major responsible factor for diseases related to *Ksheerada Avastha*. The constitution of *Dosha*, *Dhatus* and *Agni* are different in children compared to young age person. Therefore children are more prone to some diseases as compared to adult, moreover children strength is weak thus they require especial care and treatments. The therapies for treating diseases of children are different from therapies require treating diseases of adults. Herbal remedies, *Rasayan*, mild form of *Panchkarma*, disciplinary conduction of dietary regimen and balanced life style, etc. are Ayurveda approaches which help in the management of pediatric health status. *Rasayan* therapy requires precautionary measurement while used for childhood care.^[1-5]

Prana kanya Rasayana helps to achieve best quality of *Prana* (life energy) thus improves functioning of cardio and respiratory system.

Medhakanya Rasayana used exerts their health benefits on mental health and promote memory and intellect.

Srikanya Rasayana promote complexion and improves physical appearance while *Naimittikarasayana* combat against specific causes of diseases.

Rasayana Therapy Offers Following Health Benefits in Pediatric Cases

- ❖ *Rasayana* boost salivary secretions thus maintain appetite and digestion.
- ❖ The enhanced gastrointestinal activity relieves constipation and indigestion.
- ❖ *Rasayana* effectively cure digestive ailments related to children i.e. diarrhea, indigestion and *Grahani Roga*.
- ❖ Relieves fatigue and mild fever by virtue of their rejuvenating effects.
- ❖ Imparts beneficial effects towards mental health thus prevent psychological disorders.
- ❖ Improves immunity therefore provides resistance against common infectious diseases.
- ❖ Strengthen overall physical and mental health hence contributed in growth & development of children.
- ❖ Improves complexion and skin texture thus provide appealing physical appearance.
- ❖ Maintain metabolic rate and regularizes process of detoxification thus resist accumulation of toxin and prevent formation of *Ama*.^[5-8]

Rasayana enhances longevity; immunity and intelligence thus prevent diseases pathogenesis and also improves general health. The *Rasayana* mainly advocated for pediatric health restoration are depicted in **Figure 1**. These drugs maintain functioning of *Agni*, nourished *Dhatus* and balances *Doshas*. The detoxification regularizes by virtue of their effects on *Srotasas*. *Rasayana* therapy in children balances *Ojas* which considered as vital force of life.

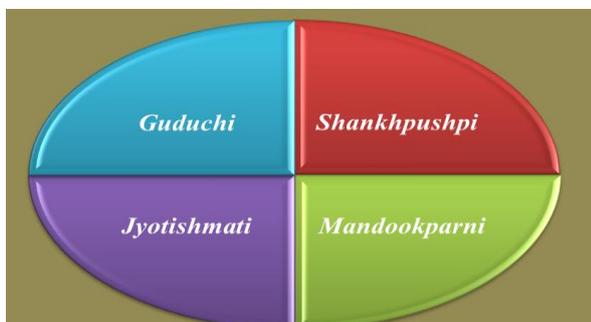


Figure 1: Rasayana drugs mainly advocated for children.

The herbometalic formulations possessing *Rasayana* effects used in children for different therapeutic purposes. These formulations are *Svaran Bhasm*, *Panchgavya Ghrita*, *Brahmi Ghrita*, *Samvardhana Ghrita*, *Mandura Bhasma*, *Lauha Bhasma* and *Abhaya Ghrita*, etc. Some specific formulation containing *Rasayana* drug i.e; *Brahmi* along with honey or *Ghee* recommended for new born baby. These formulations improve immunity and mental health. Herbometalic formulations containing *Rasayana* drugs impart anti-oxidant, immunomodulatory *Depana* & *Pachana* and *Medhya* effects in children. The formulations containing *Swarna* enhance intelligent, *Lauha* formulations used for *Pandu Roga*, *Triphala* elevates blood hemoglobin level.^[9-11]

Role of specific Rasayana in Children

Medhya Rasayana used exclusively for children, these drugs having *Tikta Rasa* and *Ushna Virya* thus promotes *Pitta* and improves *Grahana karma* e.g., *Vacha*.

Mandukaparni improves memory and cognition, the anti-oxidant property prevents oxidative damage and juice of plant offers *Medhya* property. The constituents such as; medacoside, medacassoside, asiaticoside and triterpenic acid, etc. present in *Mandukaparni* offers neuro-protective effect.

Yastimadhu dried root also posses *Medhya* property, the ingredients such as; glycyrrhizine, glycyrrhetic acid and flavonones, etc. present in *Yastimadhu* having free radical scavenger, memory-strengthening and CNS stimulant activities. *Yastimadhu* improves memory in case of dementia and boost learning capacity.

Guduchi another *Rasayana* herb contains steroids, alkaloids, glycosides, polysaccharides and phenolic compounds thus improve immune power, imparts antioxidants and neuro-protective effects. *Guduchi* boost learning activity and relives anxiety thus helps in cognitive enrichment.

Shankhapushpi used as *Medhya rasayans*, the major ingredients of *Shankhapushpi Rasayana* are microphylllic acid, kaempferol and sitosterols, these constituents provides neuroprotective activity, promote intellect, acts against free radicals and offers therapeutic effect in case of *Manasika-mandata*. *Shankhapushpi* is effective in neurosis, cerebral abnormalities and insomnia thus used as nervine tonic.^[1-4]

Ayurveda properties of Rasayana used for Pediatric health management

- ✓ *Mandukaparni* possess *Tikta* & *Kashaya Rasa*, *Madhura Vipaka* hence possess *Medhya* & *Balya Karma*.
- ✓ *Yashtimadhu* has *Madhura Rasa*, *Sheeta Virya* and *Madhura Vipaka* thus imparts *Chakshushya*, *Balya* and *Keshya Karma*.
- ✓ *Guduchi* offers *Tikta* & *Katu Rasa*, *Ushna Virya* and *Madhura Vipaka* therefore responsible for
- ✓ *Tridoshaghna* & *Balya* effects in children.
- ✓ *Shankhapushpi* having *Kashaya Rasa*, *Ushna Virya*, *Madhura Vipaka* & *Snigdha Guna* hence offers *Medhya*, *Balya* and *Manasrogahara* effects.

The mode of action of Rasayana in Pediatric Disorders

Rasayana improves nutritional value of *Rasa Dhatu* and improves *Dhatu Poshana*. This *Dhatuwardhak* and *Agnivardhak* action of *Rasayana* contributed towards the *Dhatunirmanana*. The *Shrota Shodhana* action of *Rasayana* improves detoxification and circulatory process of body thus prevents diseases and maintains alertness. *Tikta Rasa* of drugs increases *Aakash mahabhut* in body hence increases *Satva guna* of *Mana*. The *Madhur vipak* of *Rasayana* helps in *Uttrottar vridhi* of all *Dhatus* and promote *Ojas*. *Laghu guna* of *Rasayana* increases *Satva guna* of *Mana* and in this ways *Rasayana* drugs offers health benefits in case of pediatric diseases.^[5-8]

Formulations

- *Cyavanaprasa*
- *Brahmi Ghrita*
- *Satavari Ghrita*
- *Vasanta-Kusumakara*
- *Dhatri Rasayana*

CONCLUSION

The management of *Bal-Roga* as per ancient science can be achieved through herbal remedies, *Rasayana Chikitsa* and *Panchkarma*. *Rasayana* therapy gives enormous health benefits in pediatric health problems, but this therapy should be used with great care for pediatric

purpose. *Medhya rasayanas* improve memory, improve grasping, tolerance, increases circulation to the brain, sharpen concentration; activate mortar functioning and prevent free-radical damage. *Medhya rasayanas* acts levels of *Rasa*, stimulates *Agni* and clears micro channel thus maintain circulation of *Rasa*. *Rasayana* drugs increases immunity in children and prevent them from general infectious diseases. *Shankhpushpi*, *Guduchi*, *Mandookparni* and *Jyotishmati*, etc. are major *Rasayana* drugs which can be used for pediatric purpose. These drugs potentiates *Dhatus* and improves *Ojas* thus provides rejuvenating effects and increases mental as well as physical vitality in children.

REFERENCES

1. Sushruta, Sushruta Samhita. Edited by Ambika Datta Shastri. Sharirasthana Varanasi: Chowkhamba Sanskrit Series, 14th edition, 2004; 10/68-70.
2. Charaka Samhita, Acharya Vidyadhara Shukla and Ravidatta Tripathi R. Chaukambha Sanskrit Pratishthan, Delhi, 2007; 3.
3. Chandrakar Anju, Karbhal Kamleshwar Singh. Ayurvedic Rasaushdi 'Mukta Shukti' (Pearl Oyster Shell)-A Review World Journal of Pharmacy and Pharmaceutical Sciences, 2012; 2(5): 4139-4149.
4. Mahapatra Arun Kumar Nisha Kumari Ojha Abhimanyu Kumar, Rationality of Swarna Prashan in Pediatric Practice. International Journal of Ayurvedic and Herbal Medicine, 2013; 3(3): 1191-1200.
5. Abhimanyu Kumar, Asish Kumar Garai. A clinical study on Pandu Roga, iron deficiency anemia, with Trikatrayadi Lauha suspension in children, Journal of Ayurveda and Integrative Medicine, 2012; 3(4): 215-222.
6. Verma Jitesh, Singhal Harish Kumar. Current Trends in Ayurvedic Management of Cerebral Palsy in Children, Journal of Biological and Scientific Opinion, 2013; 1(3): 282.
7. Agnivesha. Charaka samhita, English translation by Sharma RK, Dash B. Vol-III, Chikitsa Sthan (1-3/30.31), Chaukhambha Sanskrit series office, Varanasi. 4. Shailaja U, Jain CM: Ayurvedic approach towards cerebral palsy, AYU 2009; 30(2): 158-163.
8. Sarokte AS, Rao MV. Effects of Medhya Rasayana and Yogic practices in improvement of short-term memory among school-going children. Ayu, 2013; 34(4): 383-389.
9. Ibidem. Charaka Samhita, Chkitsa Sthana, Rasayana Adhyaya, Rasayana Pada, 1/1/7; 2.
10. Agnivesha, Charaka, Dridhabala. Charaka Samhita, Chkitsa Sthana, Rasayana Adhyaya, Kara-Prachitiya Rasayana Pada, 1/3/31, Ayushi hindi commentary. In: Vd. Khushvaha HS, editor. 1st edition. Varanasi: Chaukhambha Orientalia Publisher, 2009; 30.
11. Singh RH. Neuronutrient impact of Ayurvedic Rasayana therapy in brain aging. Biogerontology, 2008; 9: 369-74.